



cooking
with kids®

2018-2019 Annual Report



cooking
with kids®

Cooking with Kids educates and empowers children and families to make healthy food choices through hands-on learning with fresh, affordable foods.

Started in 1995, Cooking with Kids works in school classrooms and cafeterias, providing free-of-cost nutrition education to over 5,000 children in Northern New Mexico.

We offer training and support to educators around the state and nation, extending our reach to many more kids.

Local chefs and farmers share their passion and expertise with our students, helping us inspire the next generation of healthy eaters.

Research shows that Cooking with Kids works! When kids help make healthy foods, they are more likely to eat and enjoy them.

2018-2019 Annual Report

In 2018, New Mexico was ranked last in the nation for child well-being.

1 in every **4** children
are living in poverty



25% of children live in homes without consistent access to adequate food.

Children living in poverty are especially at risk for diet-related chronic illness, particularly obesity and type II diabetes.

On average, children eat
2 of the **5** recommended
daily servings of
fruits and vegetables



Research shows that children need to be offered a new food a number of times before they accept it.

Fear of food waste presents an additional barrier to low-income families who want to offer healthy options to their kids.

1 in **3** eight-year-olds
are overweight or obese



Processed foods that are high in calories and sugar are readily available and marketed to youth.

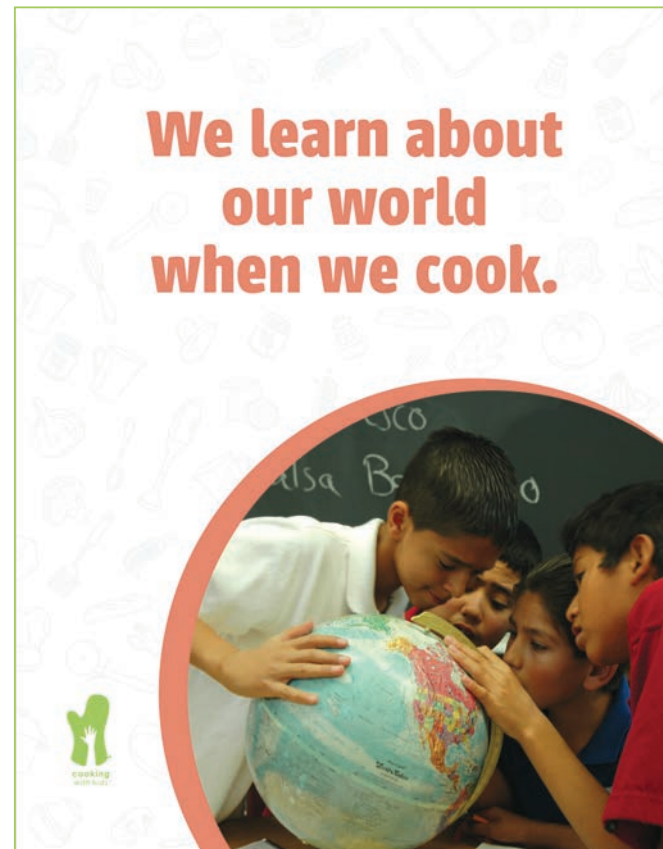
As children reach adulthood, obesity-related conditions are some of the leading causes of preventable, premature death, including heart disease, stroke, type II diabetes, and certain types of cancer.

Hands-on learning with real food has a place in every child's life.



**We know kids
will eat their veggies.**

Providing nutrient-rich foods only works if kids choose to eat them. Our unique hands-on approach gets kids excited about eating healthy foods.



**Our programs
are free to families.**

Cooking with Kids prioritizes programming in schools where 50% or more of students qualify for free or reduced-priced school meals.



**Our programs
reinforce academics.**

Hands-on learning provides opportunities for students to practice essential literacy and math skills.



2018-2019 At a Glance

Our schools

1,833 Hands-on Nutrition Education Classes
in 15 schools in Rio Arriba and Santa Fe Counties
53 Lunchroom Tastings in 16 schools

Our students

5,258 students participated in Hands-on Nutrition Education Classes in Rio Arriba and Santa Fe Counties. Lunchroom Tastings impacted an additional 2,188 students in Santa Fe.

Our families

Over 1,400 family volunteers
Approximately 3,800 volunteer hours
An estimated 30% of volunteers participated in 2 or more classes during the year.





On the Menu

Cooking Classes

- Watermelon Salsa
- Homemade Applesauce
- Stovetop Pizza with Tri-color Salad
- Blue Corn Vegetable Tamales with Red Chile Sauce
- Indian Lentils with Carrot Rice Pilaf, Mango Fruit Salad, and Chapatis (Indian Flatbread)
- Japanese Rice Bowl with Crunchy Cabbage Salad

Tasting Classes

Apples • Citrus • Salad

Lunchroom Tastings

Apricots • Black Bean & Corn Salsa • Carrots
Cherries • Citrus Fruits • Delicata Squash
Edamame • Fennel • Hakurei Turnips • Kohlrabi
Plums • Rainbow Peppers • Red Radishes
Red, Golden, & Chioggia Beets • Sugar Snap Peas
Sunset Salsa with Sweet Peppers & Tomatoes
Watermelon Salsa • Watermelon & Black Radishes



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Cooking with Kids: Rio Arriba

In September 2016, Cooking with Kids began programming in Rio Arriba county. Currently in two schools, we are working hard to expand our reach and create sustainable programming in this community. Our goal is to reach all public elementary school students in Rio Arriba County!

School Year at a Glance

199 Nutrition Education Classes
413 preK - 6th grade students
215 Family Volunteers

Participating Schools

Abiquiu Elementary School
San Juan Elementary School
Ohkay Owingeh Community School in
partnership Moving Arts Española



Cooking with Kids: Santa Fe

Started in 1995, Cooking with Kids has grown from an all-volunteer effort in two Santa Fe schools to an integral part of 13 Santa Fe school communities. We now have parent volunteers who participated in Cooking with Kids as children!

School Year at a Glance

1,634 Nutrition Education Classes
4,878 preK - 6th grade students
1,187 Family Volunteers

Lunchroom Tastings

Acequia Madre Elementary School
Atalaya Elementary School
E.J. Martinez Elementary
Nina Otero Community School
Ramirez Thomas Elementary School

Participating Schools

Amy Biehl Community School
at Rancho Viejo*
Aspen Community Magnet
School*
Carlos Gilbert Elementary School
César Chávez Community School*
Chaparral Elementary School*
El Camino Real Academy*
Gonzales Community School*
Kearny Elementary School*
Nava Elementary School*
Piñon Elementary School*
Salazar Elementary School*
Sweeney Elementary School*
Turquoise Trail Charter
Elementary School*

*schools also participate in
lunchroom tastings

Cooking with Kids: Farmers in the Schools

Our programs connect kids with farmers and locally grown produce from Northern New Mexico. Local farmers participate in Cooking with Kids classes and bring freshly harvested produce into school cafeterias. We also purchase local food for use in our classroom and cafeteria programs.

Collaborating Farms

Carrasco Family Farm, *Belen*
Casa Fresco Farm, *Albuquerque*
Chispas Farm, *Albuquerque*
Evelyn's Farm, *Española*
Green Tractor Farm, *La Cienaga*
Growing Opportunities, *Alcade*
Hernandez Farm, *Hernandez*
Jubilee Farms, *Chimayo & Trampas*
Leaf Petal Pod, *Santa Fe*
Malandro Farm, *Abiquiu*
Mendez Produce, *El Guique*
Montoya Family Farm, *La Canova*
Mr. G's Organic Produce, *Jacona*
North Valley Organics, *Albuquerque*
One Straw Farm, *Dixon*
Organicos Farm, *Rio Grande Valley*
Orozco Farm, *Española*
Rancho La Jolla Farm, *Velarde*
Reunity Resources, *Santa Fe*
Romero Farms, *Dixon*
RZ's Bees, *Alcalde*
Santa Ana Pueblo, *Rio Grande Valley*

Schwebach Farms, *Moriarty*
Silver Leaf Farm, *Corrales*
Sungreen Living Foods, *Santa Fe*
Valencia Mill, *Jarales*
Vida Verde, *Rio Grande Valley*
Wagner Farms, *Corrales*
Western Family Farms, *La Puebla*
Wildharber Farms, *Española*

Guest Farmers

Ash Abeyta, *Silver Leaf Farm, Corrales*
Lisa Anderson, *Malandro Farm, Abiquiu*
Mary Dixon, *Green Tractor Farm, La Cienaga*
Arella Hordyk, *Reunity Resources, Santa Fe*
Danny Farrar, *Rancho La Jolla Farm, Velarde*
Liza Frolkis, *Leaf Petal Pod, Santa Fe*
Tania Marines, *One Straw Farm, Dixon*
Victoria Montoya, *Montoya Family Farm, La Canova*
Clare Price, *Western Family Farms, La Puebla*
Matt Romero, *Romero Farms, Dixon*





Cooking with Kids: Superchefs

Superchefs volunteer their time and talent in Cooking with Kids classes and school cafeterias, inspiring a new generation of chefs and healthy eaters.

Participating Superchefs

Shane Alexander, *El Farol*

Kai Autenrieth,
Four Seasons Resort Rancho Encantado

James Campbell Caruso, *La Boca*

Noé Cano, *Santa Fe School of Cooking*

Jerry Dakan, *SFCC Culinary Program*

Charles Dale, *Dalicious Concepts*

Evan Doughty,
Santa Fe Brewing Company

Jen Doughty, *Jimmy D's*

Rocky Durham,
Blue Heron at Sunrise Springs

Renee Fox, *Arable & Loyal Hound*

David Gaspar de Alba, *Oni Noodles*

Josh Gerwin, *Dr. Field Goods Kitchen*

Patrick Gharrity, *192 at The Blake*

Xavier Grenet, *L'Olivier*

Jeff Kaplan, *Rowley Farmhouse Ales*

Tom Kerpon, *La Posada de Santa Fe*

Mark Kiffin, *The Compound*

Patrick Mares, *SFCC Culinary Program*

Kim Müller, *B.O.T.H. Consulting*

Ahmed Obo, *Jambo Cafe*

Peter O'Brien, *Inn of the Anasazi*

Annamaria O'Brien, *Dolina*

Fernando Olea, *Sazón*

Kyle Pacheco, *Santa Fe School of Cooking*

Cristian Pontiggia, *El Nido*

Marc Quiñones, *Hotel Andaluz*

Martin Rios, *Restaurant Martín*

Fernando Ruiz, *The Lodge and Ranch at
Chama Land & Cattle Company*

Sean Sinclair, *Kin at Castañeda*

Sancho Soeiro, *Dish n' Spoon Catering*

David Sundberg, *Harry's Roadhouse*

Johnny Vollertsen, *Las Cosas Cooking School*

Kate Wheeler, *Savory Spice Shop*

Joseph Wrede, *Joseph's of Santa Fe*

Carlos Zozaya, *Meow Wolf*

superchefs



Community Partnerships

- 21st Century Extended Day Learning
- Communities in Schools New Mexico
- Community Educators Network
- Farm to Table New Mexico
- Los Alamos National Laboratory Foundation
- Moving Arts Española
- Museum of International Folk Art
- New Mexico Department of Health: Healthy Kids, Healthy Communities
- New Mexico Public Education Department
- Presbyterian Center for Community Health
- Santa Fe Botanical Garden
- Santa Fe Farmers' Market & Santa Fe Farmers' Market Institute
- Santa Fe Community College

New Mexico's SNAP-Ed Network

Cooking with Kids receives funding from USDA's Supplemental Nutrition Assistance Program Education - SNAP-Ed. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income.

We are part of a larger state-wide network in New Mexico that includes the following SNAP-Ed agencies and organizations:

- New Mexico Human Services Department
- New Mexico State University Cooperative Extension Service
- New Mexico Department of Health
- University of New Mexico Prevention Research Center
- Kids Cook!
- Las Cruces Public Schools





New Initiatives 2018-2019

- Alignment of curriculum with Next Generation Science Standards: With support from Los Alamos National Laboratory Foundation, Cooking with Kids enhanced existing lesson plans to include an emphasis on science concepts. Teachers implemented this newly-aligned curriculum in Spring 2019.
- Expanded School Cafeteria & Farm to School Collaborations: With the help of local farmers and chefs, Cooking with Kids created some exciting new collaborations with school cafeterias across the state, plus we helped connect Spanish-speaking farmers with SFPS Student Nutrition.
- Launch of “Living Lab” Pilot Project with Santa Fe Botanical Garden to implement cooking/garden curriculum at Amy Biehl Community School and Turquoise Trail Charter Elementary.
- Community cooking classes: In Fall 2018, Presbyterian began partnering with Cooking with Kids to provide free family cooking classes at their new Santa Fe Medical Center Teaching Kitchen.
- We’ve expanded our website to include new downloadable cooking lessons! Educators across the United States can easily access these resources to provide hands-on nutrition education in their communities.

In the Works 2019-2020

Cooking Classes

Sunset Salsa with Sweet Peppers
Fall Harvest Salad
Homemade Applesauce
Llapingachos with Red Chile Sauce and Green Salad
Vegetable Paella with Mediterranean Flatbread
East Asian Noodles and Coconut Rice Balls
Cuban Beans & Yellow Rice

Tasting Lessons

Apples • Seeds • Dried Fruit • Salad

New Collaborations

- FoodCorps: Cooking with Kids was honored to be named a FoodCorps Service Site in Rio Arriba County. We are excited to partner with Dixon and Velarde school communities starting in Fall 2019.
- Los Alamos National Laboratories Foundation: We’re collaborating with LANL Foundation to develop a middle school Science of Cooking program.

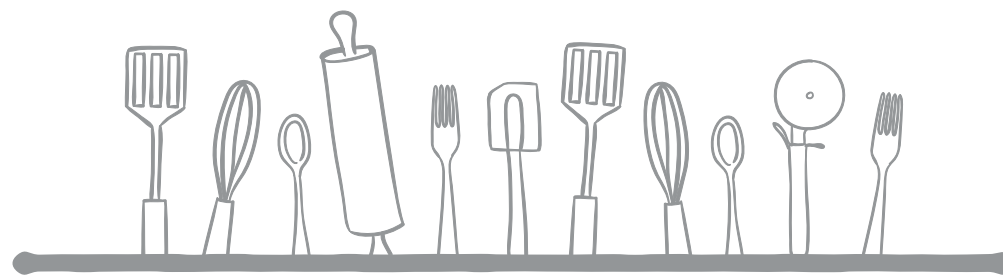
Looking to the Future. . .

As our **25th anniversary** quickly approaches, Cooking with Kids is positioned for even **further growth** in Northern New Mexico.

Committed to the vision that hands-on learning with real food has a place in every child's life, Cooking with Kids and our many **generous supporters** are **working to impact** an ever-increasing number of children, families, and communities.

Together we create **a healthy future** for our children.





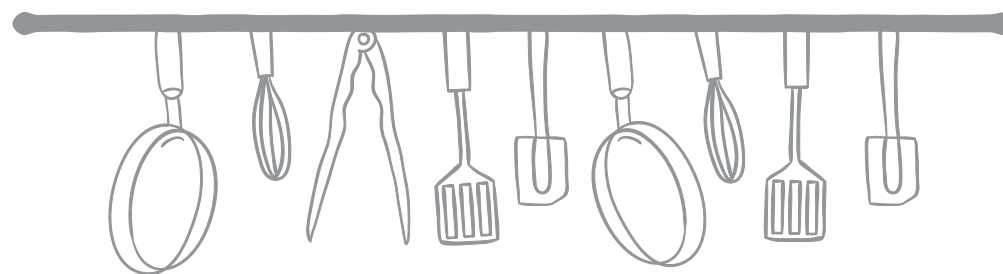
BE HELPFUL

BE A GOOD LISTENER

Cooking Class Voices

BE BRAVE

BE A CHEF

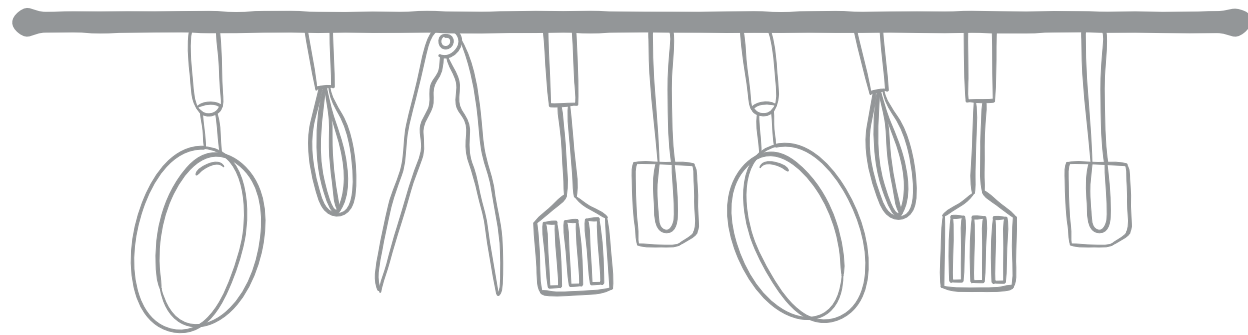




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BE HELPFUL

BE A GOOD LISTENER



“Parents can’t wait to come to **help their child** in a fun and interactive way. I have seen this program grow and succeed over the years. It’s priceless!”

—5th grade teacher

My students love Cooking with Kids.

It offers hands-on learning opportunities for students to work with fractions, geography, and more. They work in teams so **they also have to listen to each other** and speak clearly and respectfully. Cooking with Kids covers everything from core subjects to basic manners.

—4th grade teacher

Cooking with Kids is like an extension of classroom learning. Students look forward to cooking class and are **engaged in the classes**.

—3rd grade teacher

“Because of this program, **my children now cook** once a week and often use Cooking with Kids recipes. We LOVE this program!”

—Parent of 2nd grade student

“Families come together in our Cooking with Kids kitchen. The experience solidifies our classroom family feeling.”

—2nd grade teacher

“Now, I am enjoying cooking with my mom and dad. I surprised them with my tamales and they couldn’t believe how delicious they were.”

—Jordan, age 11



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“I like Cooking with Kids because I get to make and eat my own food.”

—Mathias, age 11

“Cooking with Kids helps me not to be that picky and **try new things** at home.”

—Kaylee, age 11

“Cooking with Kids is fun because **we get to cook it ourselves.**”

—Raquel, age 9

“Cooking with Kids has helped my kid to **be willing to try new things and foods.** Thanks Cooking With Kids!”

—Parent of Kindergarten student

The kids and parents really **enjoy learning** how to cook new foods. They also learn about new places and they are **not afraid to try** new things. On more than one occasion, the students have told me that they cooked the food with their parents and it was fabulous.

—4th grade teacher

“My daughter is much more **interested in cooking** now.”

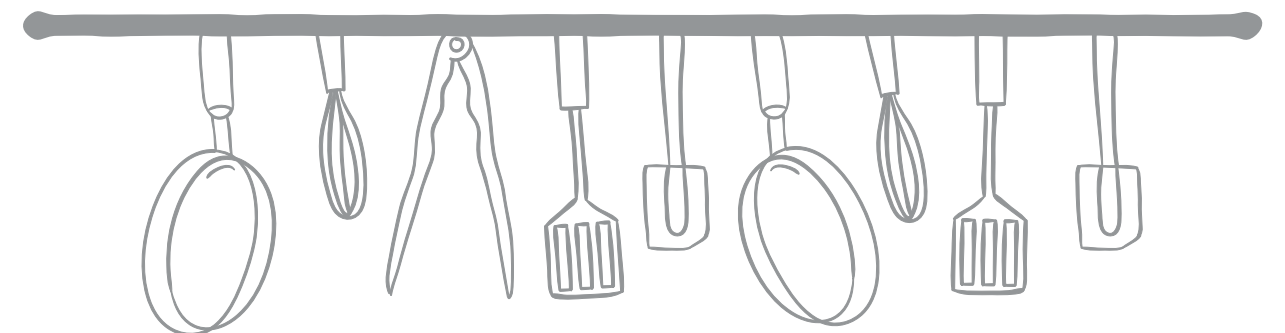
—Parent of 5th grade student

I witness **even my pickiest of eaters** become more comfortable in trying something new.”

—2nd grade teacher

BE BRAVE

BE A CHEF



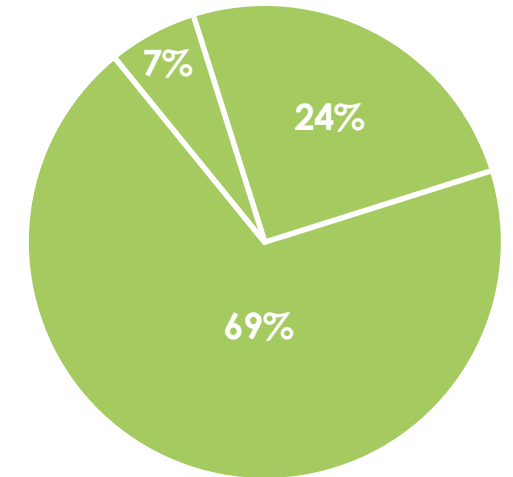




Here's how we keep the fridge and pantry stocked.

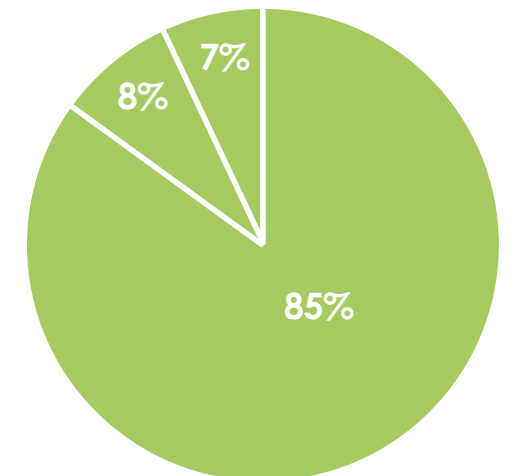
Income

- 69% Government & Foundation Grants
- 24% Donations & Events
- 7% Earned Income Sales & Services



Expenses

- 85% Program
- 8% General & Administrative
- 7% Fundraising



We are working hard to diversify our income sources and create a sustainable financial future. Every new donation helps! Thank you!

There are never too many cooks in our kitchen.

Major Funders, Grant Awards, and Collaborations

USDA Supplemental Nutrition Assistance Program-Education (SNAP-Ed) through the NM Human Services Department
New Mexico Department of Agriculture Specialty Crop Block Grant
City of Santa Fe Children and Youth Commission
Española Public Schools (EPS) and Santa Fe Public Schools (SFPS)
Enterprise Bank & Trust
Los Alamos National Laboratory Foundation
PNM Resources Foundation
Presbyterian Center for Community Health
Santa Fe Botanical Garden
Santa Fe Community Foundation, SFCF Donor Advised Funds
Santa Fe County Youth Education/Recreation Program Grant
The Santa Fe Downtown Kiwanis Foundation
Santa Fe Wine & Chile Fiesta
SFPS Student Nutrition Services
Sprouts Healthy Communities Foundation
21st Century Extended Learning Program
Whole Foods Market



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We are grateful beyond measure. . .

Cooking with Kids thanks our wonderful supporters, whose generosity takes many forms—donations, ticket and auction purchases, event sponsorships, and in-kind contributions. Thank you! Other major funders listed on previous page.

\$5,000+

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...and every spoonful counts!

Memorial & Tribute Gifts

Anonymous, *in memory of Irving Madrid*
Cliff & Holly Chapman *in honor Ed and Ginger Thielen, godparents to our kids*
Pauline Diaz, *in honor of Linda Apodaca's birthday*
Nancy Palm, *in honor of Evan and Sarah Palm*
Dolores Lee Burciaga & Gerald Lee, *in memory of Edward Lee*
Robin Weir, *in honor of Robert Spitz*

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Cooking School
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